Fitness & Sports



Photo by SSgt. Varerie Weaver

Keep your head up

Mike Callaghan shows a youth how to skate with the puck and keep his head up Wednesday during the youth center's in-line hockey clinic. More than 175 youths took part in the three-day clinic.

Leadership on the court

By SrA. Joel Langton Incirlik AB, Turkey

Sport is the great common denominator. You want to know what someone is like? Watch 'em on the sports fields or courts.

Bob Woodward, half of the Washington Post journalist team that broke open Watergate, and I were talking. OK, OK, I was listening to his lecture, but I asked a question so I think it's a conversation. Allow me my fantasies.

My buddy, Bob, was talking about a big debate in the newspaper's office on running a story about a major politician who had cheated on the golf course.

Half of the staff said it was a telling characteristic, while the other half said it was a private matter. The private matter argument won. The politician was eventually run out of office over a scandal.

I used to have to carefully watch a friend I played board games with because he constantly cheated. Guess who is now in the big house serving time for tax evasion.

By watching someone play sports or games, you can determine if they're a team player or a hot dog, and maybe just what they're like as a co-worker.

If someone's flying around the basketball court, taking every shot possible while excluding others, guess what kind of worker this person might be.

Yes, you've got it — a hot dog. Pass 'em the really big projects and watch them fly, but if there's no glory ... well, don't waste your time.

On the other hand, if someone passes the ball, tries to get other people open and sets picks, you obviously have a team player who'll benefit your office.

It's not just hot dog and team play extremes. Are they timid on the court? If so, I bet you they'll be timid in the office, maybe afraid to take on projects.

And the reverse applies. Are they willing to do whatever it takes on the court? Then the same will hold true on the job.

Perhaps sports should be a part of the job-interview process. Watch people and see how they blend in with other staff members

Sports can also be used as a teambuilder. People learn to work better together on the courts. If you don't believe this, then tell me why the Air Force uses team sports in its professional military education programs. Here's a hint: It's not just for the fitness advantages. So, there are many things we can learn about each other from sports. When people say there's no point to sports, think again.

After thinking about it, I'm going to watch the Chiefs and Eagles ball games (at Incirlik) a little bit closer now.

Sports Shorts

Upcoming hockey events

The 3rd Air Force varsity ice hockey team play at the Peterborough Ice Rink several times in March. The Jets play against the Geillkirchen Canadian Air Force Team at 4:30 p.m. March 15 and 16. The Jets play the Nottingham Oak Leafs at 12:30 p.m. March 23. The final game of the month is at 12:30 p.m. March 29 against the British Division opponent, the Bracknell B52s.

Admission for all games is free. For more information, call Ext. 1952 or the ice rink at (01733)260222.

Soccer officials needed

People interested in officiating soccer should contact Scott Blake at Ext. 2447. The season begins in April and ends in the second week of June.

Pot O' Gold tournament

A St. Patrick's Day Pot O' Gold bowling tournament begins at 7:30 p.m. March 15. Entry fee is \$20 per person with prizes awarded. Call Ext. 2108 for more information. Liberty Lanes, Fosters, NewCastle Brown Ale and Beamish sponsor the tournament.

Family Fun Day

Saturday is "Family Fun Day" at the skating rink. Adults receive free admission with children's paid admission. The skate is 2 - 6 p.m. and includes games and prizes. Call Ext. 1627 for more information.

RAF Feltwell step classes

Step aerobics classes are from 7 - 8 p.m. Mondays, Tuesday and Thursdays at the RAF Feltwell elementary school. For more information, call Ext. 5076.

Youth soccer registration

Registration for the youth spring soccer season continues through March 28. The league is for youth ages 5 - 18. Register at the youth center any time during operating hours or call Karl Pfoor at Ext. 3735 for details.

Softball, baseball leagues

Tryouts for the traveling softball and base-ball league for youth ages 13-18 are from 9 a.m. -4 p.m. Saturday, 1-4 p.m. Sunday, 9 a.m. -4 p.m. March 15 and from 1-6 p.m. March 16 at the RAF Feltwell fields. The tryouts consist of practice and evaluations. For more information, call Karl Pfoor at Ext. 3735.

Soccer coach certification

A soccer coaches certification clinic is March 19 - 20 at the youth center. This class is for first-level certification. A second-level certification clinic is March 26. All sessions begin at 5:30 p.m. Coaches must pre-register for the clinics. Call Karl Pfoor at Ext. 3735 for information.